MANS MARKET

# HALAL MENU

## NIBBLES & MUNCHIES

LET THE GRAZING BEGIN!

1 **PRAWN CRACKERS** £3.85
Served with Sweet & Sour Dipping Sauce.

2 **EDAMAME BEANS** (VE) £4.50
Coated with Chilli Salt.

3 **CRISPY MOCK SEAWEED** (VE) £4.25
Drizzled with Chilli Oil & Sesame Seeds.

## SOUP-A-LICIOUS

YOUR FAVES WITH A MANS TWIST

5 **SWEETCORN SOUP** (CAN BE VE) £5.95
Steamy Broth with Sweetcorn & Egg Ribbons. Light but packed with flavour. Topped off with a splash of Sesame Oil & Fresh Spring Onion.
**Add Tofu** +£1.95
**Add Chicken** +£1.95

6 **HOT & SOUR SOUP** (CAN BE VE) £5.95
Bold, tangy Broth with a kick of Chilli & Vinegar. A perfect balance of heat & zing. Finished with a drizzle of Sesame Oil & Fresh Spring Onion.
**Add Tofu** +£1.95
**Add Chicken** +£1.95

## IT'S A SHARING TING

DIM SUM-BODY SAY SHARING PLATTER? #SHARINGISCARING (SERVES 2-3)
*DIM SUM SELECTION IS SUBJECT TO CHANGE

8 **MEAT DIM SUM** £20.95
Satay Chicken | Salt & Pepper Chicken | Spring Rolls | Crispy Chicken Gyozas | BBQ Chicken Wings. All served with Sweet & Sour, Soy Garlic Mayo & Curry Sauce.

9 **VEGAN DIM SUM** (VE) £20.95
Spring Rolls | Panko Tofu | Firecracker Cauli Wings | Crispy Fried Gyozas | Salt & Pepper Tofu. All served with Sweet & Sour, Chilli Jam & Curry Sauce.

11 **PEKING DUCK PANCAKES**
Shredded Crispy Duck, Spring Onion, Cucumbers, Hoisin Sauce & Steamed Pancakes.
**Quarter Duck** £13.50
**Half Duck** £19.95

## CHINESE TAPAS

PERFECT AS A STARTER OR SMALL PLATES TO SHARE

12 **SALT & PEPPER**
Served with Bang Bang Mayo
**Choose:**
**Chicken** £9.95
**Halloumi**(V) £9.50
**Tofu**(VE) £8.50

14 **SPRING ROLLS** (VE) £7.50
Oriental Mix of Fresh Seasonal Vegetables, Wrapped in a Crispy Filo Pastry. Served With a Sweet & Sour Dipping Sauce.

15 **POPCORN CHICKEN** £9.75
**Choose From:**
**Firecracker,** Chives & Sesame
**Chinese BBQ,** Chives & Sesame
**Teriyaki,** Fresh Chilli & Sesame
**Hot Honey,** Candied Chilli & Chives

18 **GYOZAS** £9.75
Steamed Dumplings, on a bed of Asian Slaw, served with Soy Glaze & Chilli Oil Dipping Sauces.
**Choose: Chicken | Veg** (VE)

19 **SATAY CHICKEN** (N) £9.75
Malaysian Marinated Chicken with an authentic Peanut Sauce, topped with Crushed Nuts, Chillies & Fresh Chives.

20 **BANG BANG PANKO TOFU** (VE) £8.75
Crispy Coated Tofu, drizzled with our Bang Bang Mayo, Candied Chillies & Spring Onion.

21 **CHICKEN WINGS** £9.95
**Choose From:**
**Salt & Pepper**
**Chinese BBQ,** Chives & Sesame
**Firecracker,** Chives & Sesame

22 **FIRECRACKER CAULI WINGS** (VE) £8.50
Tempura Cauliflower, tossed in our Spicy Ketchup, with Fresh Chillies, Chives & Toasted Sesame Seeds.

23 **PRAWN TOAST FINGERS** £8.75
Served with Sweet & Sour Sauce.

24 **HOT HONEY HALLOUMI FRIES** (V) £9.50
Served with Sweet Chilli Dip.

## BAO DOWN

TWO FLUFFY BUNS OF PURE HEAVEN

25 **ROAST DUCK** £13.95
Crispy Coated Duck with Cucumber, Spring Onion, Sesame Seeds & Hoisin.

27 **STICKY PULLED CHICKEN** £13.50
Marinated Chicken, glazed with Chinese BBQ, Pickled Carrot, Spring Onion, Sesame Seeds & Soy Garlic Mayo.

28 **PANKO TOFU** (VE) £32.50
Panko Tofu, Pickled Red Cabbage, Carrot, Spring Onion, Crispy Onion & Chilli Jam.

29 **SALT & PEPPER CHICKEN** £13.50
Popcorn Chicken, tossed in our secret Salt & Pepper seasoning with Chillies, Spring onion, Asian Slaw, Chilli Jam & drizzled with Soy Garlic Mayo.

30 **ZINGER HALLOUMI** (V) £13.50
Crispy Halloumi tossed in our Firecracker Glaze, with Asian Slaw, Pink Onions, Sesame Seeds & Bang Bang Mayo.

## NOODS & GRAINS

SOLO FEAST OR TASTY EXTRA TO SHARE. LIVE YOUR BEST LIFE!

42 **MANS FRIED RICE** (CAN BE VE) £12.95
Our take on the classic Fried Rice dish with Onions, Chinese Greens, Egg Ribbons & our Stir-Fry Sauce.
**Add Chicken | Prawn | Tofu** (VE) +£3.75

43 **CHOW MEIN** (CAN BE VE) £13.95
Everyone's favourite! Traditional Noodle dish, with Carrots, Sesame, Onions, Soy Broth, Chinese Greens, & Beansprouts.
**Add Chicken | Prawn | Tofu** (VE) +£3.75

45 **SINGAPORE NOODLES** ( VE) £13.95
Flat Noodles, tossed in our spicy seasoning, with Sliced Peppers, Red Onion & Beansprouts, finished with Fried Garlic and toasted Sesame Seeds.
**Add Tofu** (VE) +£3.75
**Add Prawns | Chicken** +£3.75
**Add Chicken & Prawn** +£4.25

46 **YAKISOBA NOODLES** (CAN BE VE) £16.50
Soft noodles, tossed with Mixed Vegetables, Chillies, Soy Broth, Egg Ribbons, & Lemon Juice. Topped with Pickled Ginger, Crispy Seaweed and Toasted Sesame Seeds.
**Choose: Chicken | Tofu**

47 **BLACK TRUFFLE & MUSHROOM RICE** £13.95
The taste of luxury fusion. Our Oriental Rice, tossed with Field Mushrooms, Red Onion, Egg Ribbons, Black Truffle, Garlic & Stir-fry Sauce. (CAN BE VE)
**Add Chicken** +£3.75

# MANS MAINS

## GO ALL IN OR GREAT TO SHARE

**31 SWEET & SOUR** £16.50
Everyones favourite with a modern twist.
**Choose: Chicken | Prawn | Tofu (VE)**

**34 KUNG PAO (N)** £16.95
Mixed Vegetables, coated in a Spicy Chilli glaze with Peanuts.
**Choose: Chicken | Prawn | Tofu (VE)**

**35 BLACKBEAN & PEPPER** £16.50
This one is a classic! Red Onion & Mixed Peppers in our Black Bean Sauce with a spicy zing! Full of flavour, proper tasty!
**Choose: Chicken | Tofu (VE)**

**36 CANTONESE SATAY (N)** £16.50
Medley of Onions, Peppers, Chillies & Carrots in a rich Peanut Sauce.
**Choose: Chicken | Prawn | Tofu (VE)**

**37 MONGOLIAN** £16.95
Mixed Vegetables, Spring Onion, Mushrooms and our Stir Fry Sauce.
**Choose: Chicken | Tofu (VE)**

**38 BLACK TRUFFLE & HONEY CHICKEN** £16.95
Chicken and Broccoli, glazed with our mouth-watering Garlic, Honey & Black Truffle Sauce and finished with toasted Sesame Seeds.

**39 TYPHOON SALT & PEPPER** £17.50
A Hong Kong typhoon shelter dish with a Mans Market twist! Stir-fried Vegetables & Chillies, tossed in our Salt & Pepper Seasoning with Garlic & Crispy Golden Breadcrumbs.
**Choose: Popcorn Chicken | Prawn | Tofu(VE)**

**40 CHINESE CURRY** £16.50
Traditional style Chinese Curry with a mild kick!
**Choose: Chicken | Prawn | Tofu (VE)**

# SUPPORT ACTS

## COMPLETE YOUR MEAL A SIDE (OR 3)

**48 EGG FRIED RICE** £5.25
with Fresh Spring Onion.

**49 STEAMED RICE (VE)** £4.75
with Fresh Spring Onion.

**50 SINGAPORE RICE (VE)** £5.25
Steamed Rice with our Spicy Seasoning, Spring Onion & toasted Sesame Seeds.

**51 STIR-FRIED NOODLES (VE)** £6.95
with Onion, Carrot & Beansprouts.

**52 CHIPS (VE)** £4.25

**53 SALT & PEPPER CHIPS (VE)** £5.95

**54 BROCCOLI, CHILLI & GARLIC (VE)** £5.95
Glazed in a Soy Broth

**55 GARLIC CHINESE GREENS (VE)** £5.95

**56 JUG OF SAUCE** £3.75

**SWEET & SOUR(VE) | SATAY(N) | CHINESE CURRY(VE) | SOY BROTH(VE)**

**57 DIPPING SAUCE** £1.25

**BANG BANG MAYO(VE) | HOISIN(VE) | HOT HONEY | CHILLI OIL(VE) | SOY GARLIC MAYO(VE) | FIRECRACKER(VE) | TERIYAKI(VE)**

# CHOPSTICK CHIPS

## LOADED CHIPS MANS MARKET STYLE

**59 BBQ PULLED CHICKEN** £9.50
Chicken glazed in Chinese BBQ, Asian Slaw, Soy Garlic Mayo, & Fried Shallots

**60 FIERY DRAGON** £9.50
Smothered in our Firecracker Sauce, Pickled Cabbage, Fresh Chillies & Sesame Seeds.
**Choose: Crispy Chicken | Tofu (VE)**

**61 SWEET CHILLI HALLOUMI (V)** £9.50
Crispy Halloumi, glazed with Sweet Chilli, topped with Asian Slaw, Spring Onion, Soy Garlic Mayo & Crispy Red Onion.

# SPICE BAGS

## THE SALT & PEPPER PHENOMENON WITH AN ASIAN TWIST

Wok-tossed chips, onions, chillies, garlic & our secret Chinese seasoning, with a pot of curry sauce

**63. POPCORN CHICKEN** £11.95

**64. TOFU (VE)** £10.95

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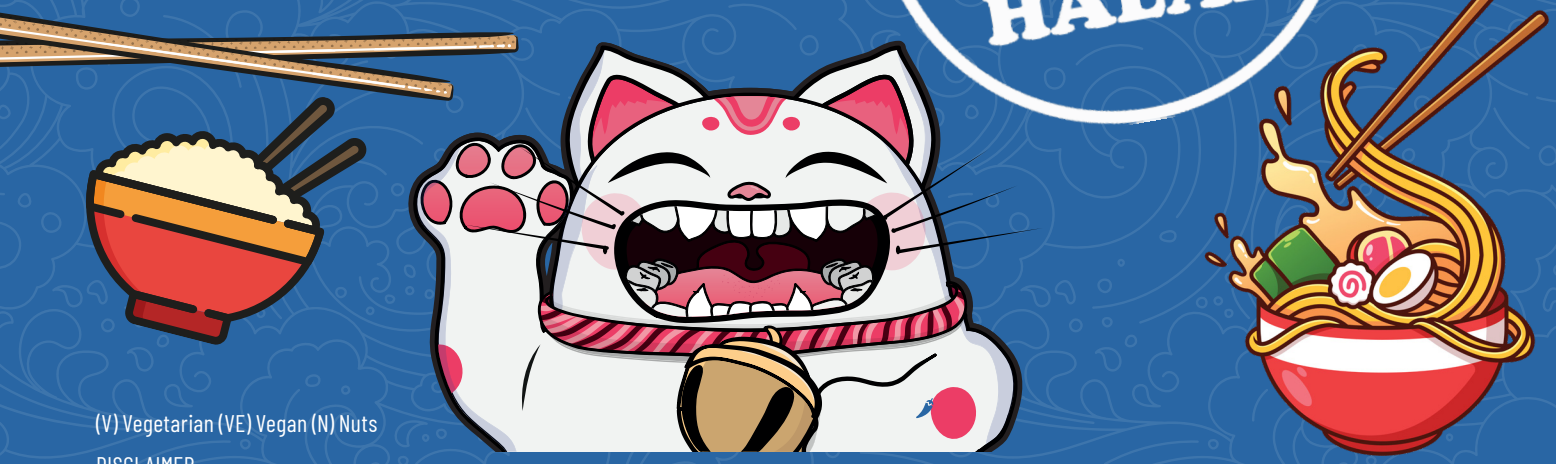
HALAL



(V) Vegetarian (VE) Vegan (N) Nuts

DISCLAIMER

All listed dishes are Halal and will be prepared and cooked separately. Please note, while we take extra care to handle Halal items appropriately, our kitchen is not fully Halal as we also serve some non-Halal dishes.

Please note: Our dishes may contain traces of nuts, soy, sesame, meat, and gluten unless otherwise requested. If you have any food allergies or dietary requirements, inform your server before ordering. Most dishes can be adapted to suit your needs—just ask your server for details.

Tip Jar..A discretionary service charge of 10% is added to all tables, this goes directly to the team. For tables of 10+ guests, a compulsory service charge applies.